

Screening Form for Individuals Using Weight-Loss Supplements

Comorbid conditions that increase the risk of adverse reactions:

- High blood pressure (incompatible with stimulants)
- Other cardiovascular diseases

Caffeine intake:

- Coffee
- Soft drinks with caffeine
- Tea
- Energy drinks/shots

Allergies:

- Shellfish (client should avoid chitosan)
- Milk (client should avoid Sensa)
- Soy (client should avoid Sensa)
- Wheat/gluten (found as an undisclosed filler in many supplements)

Determine whether patient's physician will monitor liver enzymes and blood pressure.

Yes___ No___ Undetermined___

Other prescription and nonprescription medications being taken:

Yes___ No___ Undetermined___

Other supplements being taken:

Yes___ No___ Undetermined___

Other lifestyle modifications that assist with weight loss:

- Gets at least 30 minutes of physical activity per day (particularly important if using conjugated linoleic acid)?
- Following a calorically restricted diet?
- Other:

Advise discontinuation of supplement use with any of the following symptoms: nausea, vomiting, upset stomach, gas or bloating, diarrhea or loose stools, dizziness or vertigo, blurred vision, rapid heartbeat, insomnia or trouble sleeping, headaches, seizures, or increased anxiety.